

## LETTUCE WRAP TACOS (4 SERVINGS)

### INGREDIENTS

- 1 Pound Ground Turkey (or beef)
- 1 Package Taco Seasoning (low sodium or sodium free)
- 1 ¼ Cup Water
- ½ Cup Mozzarella Cheese—Shredded
- 1 Tomato—Diced
- 1 Cup Salsa
- 1 Head Lettuce Leaves (iceburg or romaine)
- ½ Onion—Chopped
- 1 Green or Red Bell Pepper (Sliced or chopped)



### Directions

Step 1 – Pour ½ Cup water in a pan and cook the ground turkey (or beef) on medium high heat. Break up the meat with a spatula until brown throughout and carefully drain.

Step 2 – Add the Taco Seasoning and the remaining ¾ cup water to the ground beef. Mix, cover, and simmer for five minutes.

Step 3 – Use the lettuce leaves like a boat to make a wrap add a ¼ cup taco meat and then add your choice of fixings like tomato's, salsa, cheese, veggies, etc. Enjoy!

Nutrition Facts (using ground turkey; per serving):

Calories: 216

Protein: 31 g

Carbohydrate: 13 g

Total Fat: 21 g

Saturated Fat: 9g

Recipe variation of: <http://www.thetaylor-house.com/taco-lettuce-wrap-recipe/2/>

## Fresh Pico de Gallo

The flavors in this healthy real food recipe for Pico de Gallo are so fresh and delicious! It makes a healthy snack with only 25 calories in ½ cup serving!

### **Ingredients**

4 tomatoes, seeded and chopped

½ a large onion, chopped

1 green bell pepper, chopped

Handful of cilantro, chopped

½ lime, juiced



### **Instructions**

1. Wash and chop all of the ingredients.
2. Mix together in a large bowl.
3. Refrigerate leftovers and enjoy within 24 hours or so.  
After that the ingredients will begin to break down and end up soupy.

### **Notes**

Actual nutrition info may vary based on exact ingredients used.  
Find complete nutrition info on MyFitnessPal as FG8 Fresh Pico de Gallo.

### **Nutrition Information: Serving size: ½ cup {recipe makes 6 servings}**

Calories: 25 g, Fiber: 1.6 g, Protein: 1.1 g, Carbohydrate: 6 g

Recipe by Feel Great in 8 Blog at <http://www.feelgreatin8.com/feelgreatblog/freshpicodegallo/>